

Food options for lunch break - ICPL III (Friday 02.06. – Saturday 03.06.)

Location: AMERON Hotel Regent, Melatengürtel 15, 50933 Köln/Cologne

- ❖ Bakeries are open early morning (6/7 am) until evening and usually offer coffee, sweet & savory pastries as well as sandwiches and occasionally quiche or breakfast items (eggs, waffles, pancakes, etc.)

| Bakeries | address | distance on foot | |
|---|--------------------------------|-------------------------|---|
| Kraus Bäckerei (chain) | Melatengürtel 2 | 3 min | |
| Heinemann (chain) | Aachenerstr. 398 (10 min walk) | 10 min | |
| Bäckerei Ecke (independent) | Aachenerstr. 517 | 10 min | |
| Schmitz & Nittenwilm (chain) | Melatengürtel 88 | 11 min | |
| Cafés | | | cuisine |
| Café Gretchen (10:00 – 18:00) | Aachenerstr. 547 | 12 min | Coffee, bagels, paninis, waffles, pancakes, egg dishes, open-faced sandwiches |
| Café Bahar (10:00 – 18:00) | Aachenerstr. 504 | 14 min | Coffee, cakes & salads as well as Persian and Levantine dishes |
| AIX (10:00 – 19:00) | Clarenbachplatz 1 | 15 min | Coffee, pastries, salads & Mediterranean food |
| Italian | | | |
| Lopes (menu) (lunch hours 11:30 – 14:30) | Stolbergerstr. 2 | 6 min | Antipasti & salads, meat & fish, pizza, pasta |
| Ristorante Arena (lunch hours 11:30 – 14:30) | Aachenerstr. 487 | 8 min | Antipasti & salads, meat & fish, pizza, pasta |
| Thai | | | |
| Lannathai (11:45 – 14:45 – no lunch hours on Saturday!) | Aachenerstr. 493 | 8 min | Soups, salads & curries as well as some noodle dishes |
| Healthy & Vegan options | | | |
| Bio Bowls (11:30 – 20:00) | Aachenerstr. 509 | 10 min | Poke bowls, salads, wine pairings |
| Japanese | | | |
| Bento Box (11:30/12 – 22:00) | Aachenerstr. 493 | 15 min | Sushi, ramen, salads, grilled meats |